

## Midweek Study Lesson Questions 05/20/2026

Sunday May 17, 2026

### MASK OFF, Isaiah 61:1 - 2

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#### I. Getting to Know “Yourself”

**Reflection:** Guarding the heart involves posturing it toward God’s Word. What daily habit do you use to protect your heart from old patterns?

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Explain the following points from Sunday’s sermon.

1. Get Naked –

2. Listen to the Instructions –

3. Obedience Locks it in! –

**EXPLAIN THE FOLLOWING VERSE:** [James 1:4](#) But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing. NKJV

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**Observation Question**

Ezekiel 36:26 promises a "heart of flesh" to replace a "heart of stone." What contrasts exist between these two types of hearts?

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**Interpretation Question**

Proverbs 4:23 instructs believers to "guard your heart." What might it look like to protect the heart while still allowing God to transform it?

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**Application Question**

Forgiveness is described as "freeing" even when the other person "doesn't deserve it." How might this act of obedience open the door to healing?

**AMMO**

[Hebrews 4:12](#) For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. NKJV

## MORE AMMO

**Ezekiel 36:26** I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. NKJV

**Galatians 5:22** But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, **23** gentleness, self-control. Against such there is no law. NKJV

**Psalms 139:23** Search me, O God, and know my heart; Try me, and know my anxieties; NKJV

### Key Takeaways

- **1. Remove the masks to heal.** We must stop presenting a crafted self and allow God to see what we hide. Vulnerability before God exposes shame, anger, and fear so these can surface and be addressed. True healing begins when we surrender the performance and let God perform surgery on the heart.
- **2. Prayer forms spiritual warfare.** Prayer creates an intimate relationship that reveals the enemy's scheming and equips us to counter it. Persistent, informed prayer tunes our heart to Scripture and turns spiritual weapons into active instruments for pulling down strongholds. Prayer spoken in faith invites angelic assistance and shifts the spiritual atmosphere.
- **3. Obedience unlocks healing work.** Obedience activates God's plan and removes barriers that keep pain entrenched. Compliance with God's instructions dismantles familiar defenses and releases the restorative power meant for us. Obedience does not spare struggle, but it guarantees progress toward wholeness.
- **4. Guard and posture the heart.** The condition of the heart directs behavior, judgments, and life flow, so we must protect it carefully. A heart postured in Scripture and prayer produces intentional prayers and right actions, preventing relapses into old patterns. Guarding the heart allows God to form Christlike character that sustains lasting change.